

# 2016 YMCA LONG COURSE NATIONALS - SCHEDULE OF ACTIVITIES

## Pre-Meet Activities

	6/30 - Deadline for Stay with Us Reservations and Rooming lists
	<b>7/1 - Deadline for Team and Coach Annual Registration</b>
	7/8 - Last Day to make minor changes for Stay with Us
5:00 PM	7/20 - Make Hotel Cancellations/changes 72 hrs prior to check-in date
<b>5:00 PM</b>	<b>7/20 - Championship Entry Submission Deadline</b>
<b>5:00 PM</b>	<b>7/20 - Time Trials Online Entries Deadline</b>
11:59 PM	7/23 - Deadline for Advance Sales online orders
	7/23 - Entry Declaration Forms EMAIL/FAX Deadline
	7/23 - Notification to Teams of Timer Requirements
	7/23 - Notification to Teams selected for Proof of Times
11:59 PM	7/24 - Entry Fee Online Payment Ends
	7/24 - Deadline for Officials Pre-registration
<b>5:00 PM</b>	<b>7/25 - Additional Entry Submission Deadline</b>
10:00 AM - 4:00 PM	7/26 - Coaches pickup of pre-purchased parking passes - North Concourse
10:00 AM - 8:00 PM	7/26 - Pools open for General Warmup - All swimmers
1:00 PM - 6:00 PM	7/26 - Part 1 of Facilitation Skills training for Trainer Candidates - Class Rm on pool deck

## Start of Day 1 - Wednesday Check-in Day

	Day's Event: Women's 200 Meter Freestyle Relay (preliminary heats)
	Day's Event: Men's 200 Meter Freestyle Relay (preliminary heats)
	Day's Event: 1500M Freestyle (faster to slowest) alternating Women & Men
	Day's Event: 1500M Freestyle (faster to slowest) alternating Women & Men
6:00 AM - 3:45 PM	Pools open for General Warmup - All Swimmers
8:30 AM - 1:30 PM	Completion of Facilitation Skills and Trainer Candidate training (including teaching in a Level I or II class) - Class Rm on pool deck
9:00 AM - 1:00 PM	Level I Officials Training - Hospitality Rm
9:00 AM - 1:00 PM	Level II Officials Training - Class Rm on pool deck
9:00 AM - 6:00 PM	Spectator Pre-order Ticket Pick up - North Concourse
9:00 AM - 6:00 PM	Spectator Ticket Sales - North Concourse
9:00 AM - 1:00 PM	Team, Coaches Check-in - West Concourse
<b>9:00 AM - 1:00 PM</b>	<b>Scratch Table Open for Day 1 Events - West Concourse</b>
<b>9:00 AM - 5:00 PM</b>	<b>Scratch Table Open for Day 2 Events - West Concourse/Coaches Mtg</b>
9:00 AM - 2:00 PM	Officials Check-in - Officials Room
1:15 PM - 2:00 PM	New Coaches Meeting - TBD
2:00 PM - 3:00 PM	All Coaches Meeting - TBD
2:15 PM - 2:45 PM	New Officials Meeting - Officials Room
3:00 PM - 4:00 PM	Mandatory Officials Briefing - Officials Room
3:30 PM - 5:00 PM	Competition Pool Open for Finals Warm-up
3:30 PM - 6:00 PM	Team, Coaches Check-in - Lower Level - East Staircase

## 4:00 PM

4:00 PM
4:00 PM
4:15 PM - 4:30 PM
5:00 PM
<b>5:15 PM</b>
5:45 PM End of Session

## Evening - Day 1

Relay table open
Stands Opens for Spectators
Officials and Timers Meeting - Officials Room
Clear Pool & Devotion and National Anthem
<b>Finals Start</b>
Officials Check-in - Officials Room

# 2016 YMCA LONG COURSE NATIONALS - SCHEDULE OF ACTIVITIES

## Start of Day 2 - Thursday

Day's Event: Women's 200 Meter Freestyle Relay (Finals Only)

Day's Event: Men's 200 Meter Freestyle Relay (Finals Only)

Day's Event: Women's 200 Meter Backstroke

Day's Event: Men's 200 Meter Backstroke

Day's Event: Women's 100 Meter Butterfly

Day's Event: Men's 100 Meter Butterfly

Day's Event: Women's 200 Meter Breaststroke

Day's Event: Men's 200 Meter Breaststroke

Day's Event: Women's 400 Meter Medley Relay

Day's Event: Men's 400 Meter Medley Relay

6:00 AM - 8:15 AM Competition Pool Open for Prelims Warm-up

6:00 AM - 11:00 AM Team, Coaches Check-in - Lower Level - East Staircase

7:00 AM - 11:00 AM Spectator Pre-order Ticket Pick up - North Concourse

7:00 AM - 11:00 AM Spectator Ticket Sales - North Concourse

7:00 AM Officials and Timers Meeting & Officials Check-in

7:00 AM Stands Opens for Spectators

7:30 AM - 10:00 AM Time Trial Table Open

8:00 AM Relay Table Open

8:00 AM - 5:00 PM Scratch Table Open

8:15 AM Clear Pool & Devotion and National Anthem

**8:30 AM Prelims Start**

## 4:00 PM Evening - Day 2

4:00 PM Pool Opens for Finals Warm-up

4:00 PM - 7:00 PM Spectator Pre-order Ticket Pick up - North Concourse

4:00 PM - 7:00 PM Spectator Ticket Sales - North Concourse

4:00 PM Stands Opens for Spectators

4:00 PM Relay Table Open

4:15 PM Officials and Timers Meeting & Officials Check-in

4:45 PM Assembly of Athletes for Opening Ceremonies - Lower Concourses

**5:00 PM Opening Ceremonies - Parade of Athletes**

5:00 PM - 6:00 PM Team, Coaches Check-in - Lower Level - East Staircase

5:00 PM Clear Pool & Devotion and National Anthem

5:20 PM Awards of the 1500 Freestyle from previous day

**5:30 PM Finals Start with C, B, A Heats**

## Start of Day 3 - Friday

Day's Event: Women's 100 Meter Backstroke

Day's Event: Men's 100 Meter Backstroke

Day's Event: Women's 50 Meter Breaststroke

Day's Event: Men's 50 Meter Breaststroke

Day's Event: Women's 400 Meter I.M.

Day's Event: Men's 400 Meter I.M.

Day's Event: Women's 200 Meter Freestyle

Day's Event: Men's 200 Meter Freestyle

Day's Event: Women's 200 Meter Medley Relay

Day's Event: Men's 200 Meter Medley Relay

6:00 AM - 8:15 AM Competition Pool Open Prelims Warm-up

6:00 AM - 11:00 AM Team, Coaches Check-in - Lower Level - East Staircase

7:00 AM - 11:00 AM Spectator Pre-order Ticket Pick up - North Concourse

7:00 AM - 11:00 AM Spectator Ticket Sales - North Concourse

7:00 AM Officials Picture

7:00 AM Stands Opens for Spectators

7:15 AM Officials and Timers Meeting & Officials Check-in

7:30 AM - 10:00 AM Time Trial Table Open

8:00 AM Relay Table Open

8:00 AM - 5:00 PM Scratch Table Open

8:15 AM Clear Pool & Devotion and National Anthem

**8:25 AM Senior Recognition**

**8:30 AM Prelims Start**

## 4:00 PM Evening - Day 3

4:00 PM Pool Opens for Finals Warm-up

4:00 PM - 7:00 PM Spectator Pre-order Ticket Pick up - North Concourse

4:00 PM - 7:00 PM Spectator Ticket Sales - North Concourse

4:00 PM Stands Opens for Spectators

4:15 PM Officials and Timers Meeting & Officials Check-in

5:00 PM Relay Table Open

5:00 PM - 6:00 PM Team, Coaches Check-in - Lower Level - East Staircase

5:00 PM Clear Pool & Devotion and National Anthem

**5:15 PM Finals Start with C, B, A Heats**

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## Start of Day 4 - Saturday

Day's Event: Women's 400 Meter Freestyle  
Day's Event: Men's 400 Meter Freestyle  
Day's Event: Women's 50 Meter Butterfly  
Day's Event: Men's 50 Meter Butterfly  
Day's Event: Men's 100 Meter Breaststroke  
Day's Event: Women's 100 Meter Breaststroke  
Day's Event: Men's 50 Meter Freestyle  
Day's Event: Women's 50 Meter Freestyle  
Day's Event: Women's 800 Meter Freestyle Relay (Prelims fastest to slowest - Top seeded 2 heats swim at Finals Session)  
Day's Event: Men's 800 Meter Freestyle Relay (Prelims fastest to slowest - Top seeded 2 heats swim at Finals Session)

6:00 AM - 8:15 AM Competition Pool Open Prelims Warm-up  
6:00 AM - 11:00 AM Team, Coaches Check-in - Lower Level - East Staircase  
7:00 AM - 11:00 AM Spectator Pre-order Ticket Pick up - North Concourse  
7:00 AM - 11:00 AM Spectator Ticket Sales - North Concourse  
7:00 AM Stands Opens for Spectators  
7:15 AM Officials and Timers Meeting & Officials Check-in  
7:30 AM - 10:00 AM Time Trial Table Open  
8:00 AM - 5:00 PM Scratch Table Open  
8:00 AM Relay Table Open  
8:15 AM Clear Pool & Devotion and National Anthem  
**8:30 AM Prelims Start**

## 4:00 PM Evening - Day 4

4:00 PM Pool Opens for Finals Warm-up  
4:00 PM - 7:00 PM Spectator Pre-order Ticket Pick up - North Concourse  
4:00 PM - 7:00 PM Spectator Ticket Sales - North Concourse  
4:00 PM Stands Opens for Spectators  
4:15 PM Officials and Timers Meeting & Officials Check-in  
5:00 PM - 6:00 PM Team, Coaches Check-in - Lower Level - East Staircase  
5:00 PM Relay Table Open  
5:00 PM Clear Pool & Devotion and National Anthem  
**5:15 PM Finals Start with C, B, A Heats**

## Start of Day 5 - Sunday

Day's Event: Women's 200 Meter Butterfly  
Day's Event: Men's 200 Meter Butterfly  
Day's Event: Women's 100 Meter Freestyle  
Day's Event: Men's 100 Meter Freestyle  
Day's Event: Women's 200 Meter I.M.  
Day's Event: Men's 200 Meter I.M.  
Day's Event: Women's 50 Meter Backstroke  
Day's Event: Men's 50 Meter Backstroke  
Day's Event: Women's 400 Meter Freestyle Relay  
Day's Event: Men's 400 Meter Freestyle Relay  
Day's Event: Women's 800 Meter Freestyle  
Day's Event: Men's 800 Meter Freestyle

6:00 AM - 8:15 AM Competition Pool Open Prelims Warm-up  
6:00 AM - 11:00 AM Team, Coaches Check-in - Lower Level - East Staircase  
7:00 AM - 11:00 AM Spectator Pre-order Ticket Pick up - North Concourse  
7:00 AM - 11:00 AM Spectator Ticket Sales - North Concourse  
7:00 AM Stands Opens for Spectators  
7:15 AM Officials and Timers Meeting & Officials Check-in  
7:30 AM - 10:00 AM Time Trial Table Open  
8:00 AM Relay Table Open  
8:15 AM Clear Pool & Devotion and National Anthem  
**8:15 AM Coach of the Year Award**  
**8:30 AM Prelims Start**

## 4:00 PM Evening - Day 5

4:00 PM Pool Opens for Finals Warm-up  
4:00 PM - 7:00 PM Spectator Pre-order Ticket Pick up - North Concourse  
4:00 PM - 7:00 PM Spectator Ticket Sales - North Concourse  
4:00 PM Stands Opens for Spectators  
4:15 PM Officials and Timers Meeting  
5:00 PM Relay Table Open  
5:00 PM Clear Pool & Devotion and National Anthem  
**5:10 PM Coach of the Meet Award**  
**5:15 PM Finals Start with C, B, A Heats**